



# COVID-19 RESOURCES

## Mental Health

### Self-isolation can affect our emotional health

**Be informed** by using reliable news sources and if you begin to feel overwhelmed or anxious, take a break from the news.

**Keep in touch** with friends and family; technology such as FaceTime, Skype or Zoom can help you stay safely connected. Reach out to those who are alone.

**Know your body** and its signs of stress. If you are having trouble coping, please contact your health care provider.

**Stay safe** and practice self-care. Exercise, read a book, play a board game, take a bath. get some fresh air, practice deep breathing and meditation; these can all be part of your daily self-care routine.

### There is help available if you need it:

#### Crisis Intervention and Suicide Prevention Centre:

Free support for people experiencing feelings of distress or despair, including thoughts of suicide. Call toll-free 1-800-784-2433 or visit [www.crisiscentre.bc.ca](http://www.crisiscentre.bc.ca).

#### The KUU-US Crisis Response Service:

24/7 culturally aware crisis support to Indigenous people in B.C. Call 1-800-588-8717 or visit [www.kuu-uscrisisline.ca](http://www.kuu-uscrisisline.ca).

#### Bounce Back:

For those experiencing symptoms of mild to moderate depression, low mood or stress, with or without anxiety. Call toll-free 1-866-639-0522 or visit [www.bouncebackbc.ca](http://www.bouncebackbc.ca).

**Vancouver Island Crisis Line** 1-888-494-3888

#### Crisis Service Canada

Available to all Canadians who need support.  
1-833-456-4566

## Questions?

### Medical Emergency

**Call 9-1-1**

If you or someone in your care has chest pains, difficulty breathing, or severe bleeding

### Medical Questions

**Call 8-1-1**

If you are hard of hearing, **call 7-1-1**

**For non-medical questions about COVID-19**

**Call 1-888-COVID19 (1-888-268-4319)**

**Text 604-630-0300**

### Assistance for Seniors

**Call 2-1-1 (available 24/7)**

**Web** [bc211.ca/home](http://bc211.ca/home) Find information and free referral to a full range of services including Safe Seniors, Strong Communities—a new program that matches seniors who need support with non-medical essentials, to volunteers in their community who are willing to help.

For your health and safety, please stay home as much as possible.

If you must go out, wash your hands often and keep at least 2 metres (6 feet) away from others.

**Do NOT go out if you are sick or have recently returned from travelling.**



City of Campbell River  
Call 250-286-4033  
8:30 a.m. to 4 p.m. weekdays  
Web [campbellriver.ca/COVID-19](http://campbellriver.ca/COVID-19)  
Email [info@campbellriver.ca](mailto:info@campbellriver.ca)

Strathcona Regional District  
Call 250-830-6700  
8:30 a.m. to 4:30 p.m. weekdays  
Web [srd.ca/COVID-19](http://srd.ca/COVID-19)  
Email [administration@srd.ca](mailto:administration@srd.ca)





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## Additional Resources

### Home Delivery

Many grocery stores, restaurants and pharmacies are now offering delivery. Call your local store to inquire.

### Campbell River Family Services

250-287-2421

### Campbell River and North Island Transition Society

250-286-3666 / 1-800-667-2188

### Volunteer Campbell River Senior Peer Support

The Senior Peer Support Program is a FREE, confidential, one-to-one support for women and men 55+ years of age.

<https://www.volunteer.ca/senior-peer-support/>

Call 250-204-7737

Email [crseniorpeers@gmail.com](mailto:crseniorpeers@gmail.com)

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